



POST-TREATMENT INSTRUCTIONS

Stainless Steel Crowns (aka: silver crown, princess tiara/crown, superhero tooth)

Nitrous Oxide: Happy/sweet air is turned off at the end of the procedure and 100% oxygen is given. The mild gas is quickly eliminated and there are no prolonged side effects so your child may resume normal activities.

Numbness: Your child was given an injection of local anesthesia to numb his/her teeth. Your child's mouth will be sleeping for approximately 2-3 hours. Please watch your child so he/she does not bite his tongue, cheek or lip. As a note, some children may be upset when they realize their mouth feels "different." Reassure your child that the tooth will wake up and the "funny feeling" will go away.

Comfort: Sensitivity is expected after the placement of a stainless steel crown. Over-the-counter pain medicine (children's tylenol or motrin) may be given in the appropriate dose for your child.

Diet: Eating sticky foods may pull off the stainless steel crown. Please have your child avoid eating sticky, chewy and gummy foods (i.e. gum, caramels, taffy)

Oral Hygiene: The gums may appear red and irritated following your child's appointment and a slight amount of bleeding is normal. This will go away within a few days of good home oral hygiene. It is important to continue normal brushing and flossing around the stainless steel crown.

Additional Info: Your child's stainless steel crown should remain in place until the adult tooth comes in. If the crown comes off, please call our office immediately so we can recement the crown.



POST-TREATMENT INSTRUCTIONS

Space Maintainer/Appliances

Comfort: Sensitivity is expected after the placement of a space maintainer. The appliance often feels "different" for a few days after it is placed. Over-the-counter pain medicine (children's tylenol or motrin) may be given in the appropriate dose for your child.

Diet: Eating sticky foods may dislodge the space maintainer. Please have your child avoid eating sticky, chewy and gummy foods (i.e. gum, caramels, taffy)

Oral Hygiene: It is important to maintain excellent oral hygiene following placement of space maintainer since extra food debris and plaque can easily be trapped around the appliance. Your child must brush at least two times per day paying special attention to the bands around the molar (back) teeth.

Periodic Evaluation: Children with space maintainers should be seen by the dentist at a minimum of every 6 months for routine examination for evaluation of the bite, fit of the bands, and tooth eruption. Failure to return for follow-up visits can lead to gum problems and cavities. Once the space maintainer is ready for removal the dentist will remove it.

Loose Space Maintainer: If the appliance is loose enough to come out of the mouth, please place it in an envelope and call our office immediately so we can recement the space maintainer.



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Dental Extractions

Numbness: Your child was given an injection of local anesthesia to numb his/her teeth. Your child's mouth will be sleeping for approximately 2-3 hours. Please watch your child so he/she does not bite his tongue, cheek or lip. As a note, some children may be upset when they realize their mouth feels "different." Reassure your child that the tooth will wake up and the "funny feeling" will go away.

Bleeding: Biting on gauze for 30-45 minutes after the extraction is important so that a blood clot will form to stop the bleeding and begin the healing process. It is normal for the site to ooze slightly so don't be surprised if you see a little blood on your child's shirt or pillow. If bleeding persists, please call our office.

Straws/Spitting: Once the blood clot forms, it is important to protect it. Your child should avoid the following activities for the first 24 hours: using a straw, rinsing, spitting, and putting fingers/objects in extraction site.

Comfort: Mild discomfort is expected after an extraction. Over-the-counter pain medicine (children's tylenol or motrin) may be given in the appropriate dose for your child. Your child should eat a softer diet (pudding, yogurt, ice cream, etc) for the next day or so until his/her mouth feels better. Avoid eating coarse or hard foods (i.e. peanuts, pretzels, popcorn, etc) and foods with small particles (rice, seeds) since we don't want anything to disrupt the blood clot or get stuck in the socket.

Oral Hygiene: Brushing and flossing are encouraged except in the extraction site for the first 24 hours. In the extraction area, just use a moistened washcloth to cleanse the teeth and gum tissue. After the first day, resume normal brushing to keep the extraction area clean, speed up healing, and keep your child's mouth healthy.



POST-TREATMENT INSTRUCTIONS

Dental Fillings/Restorations

Nitrous Oxide: Happy/sweet air is turned off at the end of the procedure and 100% oxygen is given. The mild gas is quickly eliminated and there are no prolonged side effects so your child may resume normal activities.

Numbness: Your child was given an injection of local anesthesia to numb his/her teeth. Your child's mouth will be sleeping for approximately 2-3 hours. Please watch your child so he/she does not bite his tongue, cheek or lip. As a note, some children may be upset when they realize their mouth feels "different." Reassure your child that the tooth will wake up and the "funny feeling" will go away.

Comfort: Mild discomfort is common after fillings especially some gum soreness. Over-the-counter pain medicine (children's tylenol or motrin) may be given in the appropriate dose for your child. Also, softer food choices (yogurt, pudding, applesauce) can be helpful. If pain persists for more than 24-48 hours after the procedure, please contact our office.

The Bite: It is not uncommon for recent fillings to require some time to feel "normal" again. The bite is always checked after any filling is placed. Most fillings have no post-treatment issues, but rarely some fillings may need to be adjusted slightly. Allow several days or a week before returning to have a filling adjusted as sometimes it may take this long for the bite to return to normal.

Oral Hygiene: Keep the area around the gums clean and free of food particles/debris. Teeth with a history of cavities are prone to cavities in the future so brushing and flossing are encouraged to keep your child's teeth healthy and clean.

